



Coach Terri's List of Books to Explore

Cravings, Emotional Eating, Relationship with Food, etc.:

When Food Is Comfort: Nurture Yourself Mindfully, Rewire Your Brain, and End Emotional Eating by Julie M. Simon

The Emotional Eater's Repair Manual by Julie M/ Simon

End Emotional Eating: Using Dialectical Behavior Therapy Skills to Cope with Difficult Emotions and Develop a Healthy Relationship to Food by Jennifer L. Taitz

The Mindful Diet: How to Transform Your Relationship with Food for Lasting Weight Loss and Vibrant Health by Ruth Wolever and Beth Reardon

When Food is Your Drug: A Food Addict's Guide to Managing Emotional Eating by Kristin Jones

Savor: Mindful Eating, Mindful Life by Thich Nhat Hanh and Dr. Lilian Cheung

The Craving Mind: From Cigarettes to Smart-phones to Love--Why We Get Hooked & How We Can Break Bad Habits by Judson Brewer

The Craving Cure: Identify Your Craving Type to Activate Your Natural Appetite Control by Julia Ross

Mindset, Improving Self-Talk:

Mindset: The New Psychology of Success by Carol S. Dweck

Self-Compassion: Stop Beating Yourself Up and Leave Insecurity Behind by

Kristin Neff

The Mindful Self-Compassion Workbook: A Proven Way to Accept Yourself, Build Inner Strength, and Thrive by Kristin Neff and Christopher Germer

Addicted to the Monkey Mind: Change the Programming That Sabotages Your Life by JF Benoist

Taming Your Gremlin: A Surprisingly Simple Method for Getting Out of Your Own Way by Rick Carson

Talk to Yourself Like a Buddhist: Five Mindful Practices to Silence Negative Self-Talk by Cynthia Kane

What To Say When You Talk to Yourself by Shad Helmstetter

Negative Self-Talk & How to Change It by Shad Helmsstetter

Stress Reduction, Neuroplasticity:

The Upside of Stress: Why Stress Is Good for You, and How to Get Good at It by Kelly McGonigal

Stress Proof: The Scientific Solution to Protect Your Brain and Body--And Be More Resilient Every Day by Mithu Storoni

Build A Better Brain: Using Neuroplasticity to Train Your Brain for Motivation, Discipline, Courage, and Mental Sharpness by Peter Hollins

The Stress-Proof Brain: Master Your Emotional Response to Stress Using Mindfulness & Neuroplasticity by Melanie Greenberg

The Power of Neuroplasticity: The Breakthrough Scientific Discovery That Every Thought You Think Rewires Your Brain, and Changes Your Life by Shad Helmstetter

Binge Eating, Sugar Addiction, Approaches to Stop Responding to

Problematic Food Urges

Never Binge Again: Reprogram Yourself to Think Like a Permanently Thin Person. Stop Overeating and Binge Eating and Stick to the Food Plan of Your Choice! By Glen Livingston

Brain Over Binge: Why I Was Bulimic, Why Conventional Therapy Didn't Work, and How I Recovered for Good by Kathryn Hansen

*Rational Recovery: The New Cure for Substance Addiction by Jack Trimp

Breaking Up with Sugar: A Plan to Divorce the Diets, Drop the Pounds, and Live Your Best Life by Molly Carmel

Self-Sabotage

The Self Sabotage Behavior Workbook: A Step-by-Step Program to Conquer Negative Thoughts, Boost Confidence, and Learn to Believe in Yourself by Candice Seti

Stop Self-Sabotage: Six Steps to Unlock Your True Motivation, Harness Your Willpower and Get Out of Your Way by Judith Ho

Habit Change

Atomic Habits: An Easy Proven Way to Build Good Habits & Break Bad Ones by James Clear

Tiny Habits: The Small Changes That Change Everything by BJ Fogg

The Power of Habit: Why We Do What We Do in Life and Business by Charles Duhigg

Yep, I enjoy reading books and am happy to share some options with you! You will likely find that these books within various categories overlap in some of the concepts, so picking up whichever one resonates with you would probably be a good starting point. Caveat I always provide...often books that talk about weight loss and nutrition still use traditional information about what is healthy (dietary guidelines based, low fat, etc.), so try to focus on the intended mindset and

behavioral changes rather than when they mention any specific foods or ways of eating.

*This book is about alcohol abuse recovery. The concepts can be very transferable to bingeing, or consuming addictive foods by replacing the references to alcohol and alcoholism to: bingeing, sugar, etc.